

# Tuscan Potato Skillet

**Rating:** ★★★★★

**Prep time:** 15 minutes

**Cook time:** 25 minutes

**Makes:** 4 Servings

Lemon zest, garlic and rosemary add a delightful Tuscan twist to this green bean, potato and chicken skillet. The best part? Only having to use one pan to whip up this weeknight favorite, which also makes clean-up a breeze!

## Ingredients

- 10** petite red potatoes
- 1/2 teaspoon** salt
- 1/4 teaspoon** pepper
- 1 pound** chicken pieces
- 2 tablespoons** extra virgin olive (divided)
- 1 tablespoon** chopped fresh rosemary (or 1 teaspoon dried rosemary)
- 4 cloves** garlic (minced)
- 2 1/2 cups** frozen green beans (thawed, 12 oz. bag)
- 1** lemon (zested and juiced)

## Directions

1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.
2. While potatoes are cooking, cut each chicken tenderloin into 4 equal pieces.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	10 g	15%
Protein	28 g	
Carbohydrates	27 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	450 mg	19%

## MyPlate Food Groups

Vegetables	1 1/2 cups
Protein Foods	4 ounces

browned, stirring frequently.

4. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken.

5. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through. Season to taste with salt and pepper

## Notes

Use whatever type of potatoes you have on hand, are on sale or offer best price.

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